

Read the text. Complete the sentences with one or two words from the text.

Marathon at the top of the world

Running a marathon is not an easy task. It requires great physical and mental strength, but for many people it's the dream of a lifetime. In big cities around the world, there is usually at least one marathon taking place every week with thousands of people choosing to participate. But running in the city is not enough for some athletes. There are people looking for something more extreme.

The Tenzing Hillary Everest Marathon is the highest marathon in the world. It is named after the two men who first successfully climbed Everest, although runners do not run to the top of the mountain. It takes place in Nepal, starting at Everest Base Camp and finishing in the town of Namche Bazaar. The marathon takes place on the 29th of May every year and runners from all over the world participate. In the months leading up to the race, runners undertake a lot of training to prepare. It's essential they train to run long distances, and rather than run on the street or in the gym, it's better to run on mountain trails and paths. They also need to increase their strength so spending time in the gym lifting weights is vital. But the training is not only about running.

Competitors also have to prepare their bodies for the high altitude. At over 5,000 metres at the start, the air is so thin that running, even downhill, feels much more difficult than running at sea level. To train the body to function in these conditions, some runners decide to sleep in altitude tents. These are specially designed to reduce the amount of oxygen which causes the body to create more red blood cells. Sleeping in a tent like this for two weeks before a race is a great way to increase your endurance.

Unlike most marathons, you can't drive or take a train to the start of the race. It takes around two weeks to trek to the start point, and much of this is uphill. Due to altitude sickness, many competitors don't even make it to the start line. However, the altitude isn't a problem for runners from Nepal. Since their bodies are already used to the conditions, there is a different race for them. Otherwise the foreign runners wouldn't stand a chance.

Whilst Everest is a dream for many people, there are a number of problems on the mountain. In recent years, the high number of tourists visiting the region means there is now a lot of rubbish in the area. To try and reduce the impact on the environment, the organisers of the race limit the number of people who can enter to 250 people per year. They are also working to improve the way waste is disposed of to ensure the race is an ecological event.

- 1 The Tenzing Hillary Everest Marathon is a _____ race than most others for people who want something different to a standard marathon.
- 2 The race gets its name from the first people who _____ to the peak of the mountain.
- 3 It's not easy to run in the race, even downhill, because of the _____.
- 4 A/An _____ can help runners to prepare for the difficult conditions in the race.
- 5 Before getting to the start line, participants spend about _____ trekking.
- 6 With so many _____ the region, the area is becoming more and more polluted.

Complete the words in the sentences.

- 1 Jo's **b** _____ **c** _____ clothes reflect her big personality. She loves wearing red and yellow.
- 2 Martha is an **e** _____ - **g** _____ person who very rarely gets upset about anything.
- 3 Susan prefers **m** _____ - **p** _____ clothes that can be worn for sport, work or even to a party.
- 4 Some people think Paula is **s** _____, but she actually thinks deeply about important issues.
- 5 Active children need **h** _____ - **w** _____ clothes that are not easy to damage.

Choose the correct words.

- 1 My aunt is *at / in* her early thirties.
- 2 Do you ever fall *off / out* with your friends?
- 3 The runner was hoping to *break / make* a record by running faster than anyone on his team had ever done.
- 4 My brother *takes / goes* after our dad both in appearance and personality.
- 5 Sara has *lost / broken* touch with most of her old school friends.

Complete the text with the words in the box. There are three words you don't need.

give do am care go feel look in

My friends don't like shopping for clothes with me because I am not very decisive. I'm not really bothered if my clothes are ¹ _____ fashion, but I do ² _____ about my appearance, so I usually try on at least twenty items before I can make a decision. Something might look fine, but I want to ³ _____ comfortable in my own skin, so it needs to be exactly right. I usually put on an item, look at myself in it, take it off, then ⁴ _____ the same thing over again. I've actually tried the same item on three or four times, so it's no wonder my friends get impatient and tell me to relax and ⁵ _____ with the flow instead of worrying so much!

Complete the sentences with the correct form of the verbs in brackets.

- 1 I'm sorry I'm late. _____ (you / wait) long?
- 2 How many goals _____ (you / score) in your last match?
- 3 No, I won't come with you to the cinema. I _____ (not / like) scary films.
- 4 They wouldn't let me in to watch the concert because I _____ (forget) my ticket!
- 5 Pelé _____ (play) for Brazil when he won the World Cup.
- 6 I can't talk to you now. I _____ (do) my homework.
- 7 I _____ (know) Sam for nearly ten years.
- 8 You shouldn't waste time _____ (play) computer games.
- 9 How many times _____ (you / visit) New York?
- 10 I can't afford _____ (eat) out in restaurants.
- 11 I might _____ (come) to the party with you.
- 12 My brother always tries to avoid _____ (do) the washing-up.
- 13 Do you fancy _____ (come) round to my house later?
- 14 What _____ (you / wear) today?

Complete the text with one word in each gap.

Donald Robertson is a young athlete with a lot of ambition. He ¹ _____ been training hard recently because he hopes ² _____ run in the London Marathon this year. Things haven't always been easy for Donald, though. Two years ago, he had a serious biking accident and lost one of his legs. He says that watching other athletes with disabilities on TV helped ³ _____ to realise that having a disability wasn't the end of the world. He also had great support from his family and friends. 'I knew that whatever happened, they would ⁴ _____ doubt me nor criticise me,' he says. Now, he has set himself the target of running a marathon, and this is the first ⁵ _____ on his road to new-found strength and confidence.

Choose the answer, A, B, C or D, best fills each gap.

I'm in a football team with a group of my friends. I hang ¹ _____ with them a lot, so we know each other quite well. We played a match last Saturday and, when we arrived on the football ² _____, the other team were already there. They looked good! Our best player is George. He's of ³ _____ height, and he's very fast and powerful. After about ten minutes, George kicked the ball to me and I ⁴ _____ the first goal of the match! It was a great feeling, but it wasn't enough. We ⁵ _____ the game 2-1.

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|------------|----------|----------|---------|
| 1 A away | B up | C out | D off |
| 2 A pitch | B court | C course | D track |
| 3 A medium | B middle | C small | D tall |
| 4 A turned | B scored | C kept | D broke |
| 5 A broke | B scored | C beat | D lost |

Complete the text with the correct form of the words in CAPITALS.

For ambitious athletes, injuries are both unavoidable and one of the hardest things to deal with. Taking a break is almost impossible for an extremely ¹ _____ person, yet when you are hurt, the ² _____ to take some time off has been made for you. The idea that avoiding rest might result in permanent damage is a ³ _____ motivation to listen to the doctors. And although your recovery will likely involve endless ⁴ _____ of boring exercises, being able to stick to the routine until you are better is a sign of the kind of ⁵ _____ it takes to be a successful competitor.

ACTION
DECIDE

POWER

REPEAT

RESILIENT